

# TMI Focus



Vol. XXII, No. 2

A Newsletter Of The Monroe Institute

Spring 2000

## In This Issue

Banishing Doubt . . . 2

Renewing GATE-WAY OUTREACH:  
A Trainer's Story . 3

The Vegas  
Adventure: In A  
Class By Itself . . . 4

Hemi-Lync . . . 6

GATEWAY  
GRADUATE  
RETREAT  
Schedule . . . 8

Quarterly Tape . . . 8

## COCREATING A SUSTAINABLE FUTURE

by Laurie A. Monroe

"WHAT YOU CALL EMOTION IS ESSENTIAL TO THE BASIC LEARNING PROCESS. IT IS A SPECIFIC, OBSERVABLE RESULT OF EXPOSURE TO THE LOOSH/LOVE RADIATION. THEREFORE, IT IS THE DRIVING FORCE, THE CREATIVE ENERGY WHICH MOTIVATES HUMAN THOUGHT AND ACTION." ~ Robert A. Monroe, *Far Journeys*



We have all experienced seeming coincidences in our lives. The more closely we observe these incidents, the more obvious it becomes that they are really creations of our own thoughts and feelings. The fact that you are reading these words is more likely to be part of a well-orchestrated plan from that which is far greater than our physical

reality than a "coincidence."

The powers of creation and manifestation reside within everyone; it is merely a question of learning and remembering how to use and control such powers. We can create what we need in our everyday world by bringing the energy of There to Here. To do so, we must know that the separation between There and Here is an illusion. The power of manifestation is the essence of who we are. Looking within, we rediscover the means to create our desired pathway to a future Now.

Our emotions fuel our ability to manifest our desires in this physical lifetime. Emotions and feelings—love, joy, fear, and anger—create both mental and physical reactions. Emotional fuel burns cleanest when our feelings are

*Continued on page 5*

## RETURNING TO SLOVAKIA

by Ronald Russell, MA



Institute Board of Advisors members Ronald and Jill Russell have taken a special interest in the emerging consciousness movement in Slovakia. While in that country to reprise their successful first visit, they saw ample evidence of constructive changes and of continuing hunger for the advantages offered by Hemi-Sync.

In October 1999, three years after our first visit to

Slovakia to join with the Annwin Center in presenting an introductory Hemi-Sync course, we were invited to return. Annwin was founded in 1995 as a nonprofit educational organization and has taken part in numerous educational projects and programs since its inception. In view of the forthcoming introduction of the hospice system in Slovakia and the growth of non-government organizations concerned with the care of the elderly, we designed a weekend course based on

*Continued on page 5*

## BANISHING DOUBT

by Dirk Dunning



**D**espite attending the GATEWAY VOYAGE, GUIDELINES (twice), LIFELINE (twice), HEART-LINE, and EXPLORATION 27, *Dirk Dunning still sometimes wondered if his experiences in the far reaches of consciousness could be trusted. In the aftermath of a serious accident, he reaffirmed a Different Overview of anomalous healing and the powers of the mind.*

Doubting is part of being an explorer. I've had many doubts during my explorations into the vast, unknown reaches of consciousness. On a Saturday in September 1999 I left most of them behind. It all started with breaking one of my own rules. Years of doing hazardous work have taught me to insist on two points of safety (a safety line and a backup). Well, this time I forgot.

My house was built around 1938. The roof of the slightly older garage had a problem with dry rot and carpenter ants. Tearing off part of the roof revealed far more water damage than expected and a strange arrangement of lumber underneath. I had removed about two-thirds of the roof and the carpenter ant-riddled header beam by the time my dad arrived to help. We worked for about another hour. Then I tried to pull the left end of the main beam free—no go. So I gripped the very end of it firmly with my left hand and was tearing out the section to the right, when I over-centered slightly and weighted my left hand. The previously immovable section gave like cardboard, and the ladder and I fell eight to ten feet onto the concrete driveway. I landed on my right side with my leg caught in a cockeyed position and my right arm curled under my ribs. After lying

there for a while, it was obvious that I couldn't get into my dad's pickup. We called 911, and the fire guys gave me a very bumpy ride to the emergency room.

We arrived at the hospital about 3:00 P.M. Since I wasn't screaming they were slow to give me painkillers. I was wheeled into x ray and back. The emergency room doctor came in with the x ray and commented that the pain from the fracture must be pretty bad. When I agreed, they finally gave me a shot of morphine. Then the surgeon came in to discuss the x ray. I asked about my options, and he said that there was really only one. There was a clean fracture across the neck of the femur about a half-inch below the head. They would put in three or four screws, and I would be on crutches for six weeks. I gave the go-ahead and by 4:00 P.M. they were wheeling me into surgery. Everything after meeting the anesthesiologist and nurse was a blank until I awakened in recovery about 6:30 P.M.

I had a funny telephone conversation that night with a healer friend (a natural adept) in San Diego. Before I could tell her what had happened, she told me. She said that I had gone out-of-body just before I hit, that my leg had fractured, and that many parts of me had scurried off for protection. She immediately began working to help me put myself back together. On the way into surgery, I had asked my dad to get my SURGICAL SUPPORT SERIES tapes and DEC tape. I began using the Recovery tape as well as my Free Flow 27 tape postoperatively. Although I've learned to go to any level at will the tapes provided nice support, and I used them for most of the following week.

They gave me Percocet® for a day and a half after surgery. The nurses were a little weirded out because every time they came in I was wide awake and in very good spirits. Their rounds matched my

hour and a half sleep cycle. They were also amazed that my blood pressure and temperature stayed down for my entire hospitalization. Just before 4:00 P.M. on Sunday they had me up on crutches and walking down the hall. Slightly before noon on Monday I was up on crutches again. At noon sharp my dad picked me up and we were on the way to my folks' house. The nurses were stunned! They said nobody gets out in less than four to five days after hip surgery. However, my healer friend commented that her clients typically cut their hospital stays in half.

The following Sunday my dad and I returned to my place, and he finished repairing the garage roof. It seems that it had leaked from the beginning and had three separate roofs and nine layers of roofing . . . all incorrectly applied! That same week I requested healing from the Dolphin Energy Club and from a GUIDELINES group. Both jumped right in, along with several other friends and healers. I could identify some energies, but having so many people coming and going was a bit like a roving massage party from fifty pairs of hands.

Surgical souvenirs included a ten-inch scar down my right hip and three stainless steel screws. I quickly developed enough strength in my left leg to do one-legged deep knee bends in order to get out of chairs and bed. My empathy increased for older people who break fragile bones. It was hard enough being forty-four and healthy. Four days postaccident my aching ribs reminded me that I had fallen on my whole right side. My high pain threshold from enduring chronic arthritis (which went into full remission overnight at GUIDELINES) and my TMI training enabled me to stop taking painkillers early on Wednesday after surgery. By the tenth day post-surgery I had resumed telecommuting full time from home.

*Continued on page 4*

## RENEWING GATEWAY OUTREACH: A TRAINER'S STORY

By Lee Stone



**L**ee Stone is an artist, musician, and therapist in Hillsborough, North Carolina, specializing in Timeline Therapy®, deep memory retrieval, and trauma integration. He has been a GATEWAY OUTREACH Trainer since 1988. You can contact Lee at: [lightbodies@pop.mindspring.com](mailto:lightbodies@pop.mindspring.com)

The telephone call was unexpected. Residential and GATEWAY OUTREACH Trainer Franceen King was inquiring whether, after all these years, my EXCURSION workshops were still within Monroe Institute guidelines. TMI was restructuring and redesigning the EXCURSION weekend and a GATEWAY OUTREACH Coordinator had been hired. My nine years as a GO Trainer had included moments of feeling frustrated and isolated from TMI. Franceen's information brought renewed hope.

Twelve trainers from the original OUTREACH program were still active. Although we were to be "grandfathered" into the new program, we were strongly encouraged to attend the new *Trainer Development and Assessment Program (TDAP)*. I had some justifications for resisting that recommendation: the cost and feeling pretty confident after presenting the EXCURSION workshop for years. Then I realized that TMI was simply growing and changing in unanticipated ways. Would I let go of the past and stretch and grow along with it?

Still grumbling a bit, I called Bob McCulloch, the new GATEWAY OUTREACH Coordinator, to register for the June 1999 TDAP. Receiving and reading the participant manual and support material was a humbling experience! I did not know as much as I had thought, and the training program had been greatly improved and expanded. I'd taken the OUTREACH training in 1988 in order to share the breakthroughs and benefits I'd received from Hemi-Sync. Now, I started to remember being stymied by some participant questions at Hemi-Sync lectures and the one EXCURSION tape that consistently got a less than optimal response. Also, group bonding could be better. Just maybe, this new TDAP could improve my skills.

June arrived and I made the three-hour drive from North Carolina. A whisper of uncertainty lingered until, coming around that last curve in the road, I saw those red-roofed buildings against the backdrop of the Blue Ridge Mountains. After dinner and unpacking I, and twelve other participants from as far away as Spain and Argentina, went to David Francis Hall for a welcome by Laurie Monroe, president of the Institute. We met our instructors (Dr. Darlene Miller, Bob McCulloch, Ann Martin, and Joe Gallenberger). They explained the pur-

pose and process of the program, reviewed the schedule for the week, and set up for the next day's EXCURSION workshop, featuring us as participants. The instructors communicated their sincere purpose: to support us in successfully completing the training and becoming accredited OUTREACH trainers. Everyone received a copy of METAMUSIC Remembrance as a study aid.

The next morning we gathered in The Nancy Penn Center for the workshop. As the introductory lecture began, feelings of anxiety and awkwardness surfaced. How did I—as an experienced trainer—fit in? Could I share without intruding or distracting? A bit flustered and uncertain, I put on the headphones to begin *Introduction to Focus 10*. As always, the sound of familiar Hemi-Sync tones led me to a wellspring of calm stillness. Fears of "not doing it right" disappeared and left me knowing when to listen and when to speak.

After day one of the sample EXCURSION workshop, we took time for questions and discussion, walked through the tape exercises for the second day, and reviewed the trainer's manual. The tape exercises had settled everyone's energy and had given us common ground for connecting. On the third day, we began to go through the TDAP manual step-by-step. Everyone was expected to have already read it thoroughly. Throughout the program, the trainers did an oral review from the manual, followed by a study period, then a written test.

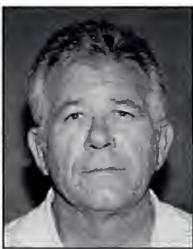
Sunday morning was devoted to a review and test on Bob Monroe's life, philosophy, experiences, and books. Except for a couple of long-term-memory lapses, I glided through. As I sat in quiet gratitude for having done well and asked for assistance on the next test, inner guidance advised me that I was unprepared. This brought up childhood fears of failing tests. After a moment's panic, I exhaled into a calming Focus 12 and an image of Paul Rademacher came to mind, followed by inner conflict over asking a stranger for help. About half an hour later, as I stepped out of the public phone room, there stood Paul waiting for his turn!

Following Skip Atwater's impeccable presentation on TMI research and technology, Paul and I met in the Fox Den to prep for the upcoming test. We complemented each other so well that we continued to study together and several others sometimes joined us. Since there were no written tests in the original GO program, the wisdom of including them in TDAP was challenged. The tests helped the lazy part of me to focus and strengthened my study discipline, comprehension, and retention of information. Obviously, written tests are the most direct way for TMI to assess a trainer's knowledge.

Continued on page 8

## THE VEGAS ADVENTURE: IN A CLASS BY ITSELF

by Gary Whitlock



*E*ven as a graduate of multiple Institute residential programs, Gary Whitlock was not quite prepared for the power of a unique workshop developed by veteran TMI trainer Joseph Gallenberger, PhD. Gary's first taste kept him coming back and delving ever deeper into the process of healing and manifesting through love.

My fantastic GATEWAY VOYAGE in 1997 made me want more, so I followed it with GUIDELINES in 1998. The Dolphin Energy Club healing tape that we heard during GUIDELINES was especially intriguing. My LIFELINE was phenomenal. I entered the program with no expectations and left with a feeling of being gently shoved toward serving others in some way. Joe Gallenberger was one of my LIFELINE trainers. I learned that he was offering a workshop on psychokinesis (PK) and healing in (of all places) Las Vegas, Nevada. Joe stated that PK and healing were the same energy and that Vegas provided an ideal environment for both challenging and confirming manifestation skills. Our "classroom" would be the casino and the craps (dice) table.

I had no reference point for imagining what might happen, so I naturally hoped to win lots of money. There is no way I could have known that the course would exceed my expectations by several magnitudes. The first three days were spent meditating with Hemi-Sync tapes and learning about PK, healing, and manifestation. We also memorized the rules for craps. Our

vigorous work with affirmations, visualizations, and empowering beliefs moved us steadily into higher, more joyous energy states. We were tapping into unconditional love of self and all others, dropping ego, balancing male and female energy, centering, and steeping ourselves in deep gratitude and trust. By the end of the third day, I was in a greater/finer energy state than ever before. This seemed to be true for the rest of the group as well.

Once at the gaming tables, several of us kept the dice for almost an hour without throwing a losing number. The group had truly opened the psychokinesis window, and we could roll exactly what we wanted to roll when we wanted to roll it. What heart-open fun! The exquisite energy persisted for several days after returning home, and I moved into a lower-chakra kundalini awakening. As this settled down two weeks later, a gift manifested—the ability to instantly take away physical pain by simply touching someone. By serving as a conduit for healing, I came to know that PK and healing energy are the same. Both of them flow best from an open heart that is expressing love, joy, playfulness, gratitude, and trust.

Of course, I had to sign up for Joe's second Vegas workshop. There, my heart chakra opened wide and remains that way some six months later. The outcome of the third workshop was a greater opening of my higher chakras and a deepening of my healing, manifesting, and intuiting skills. Other members of those groups had similar experiences. One woman got home and suddenly found that she could bend her silverware like a cooked noodle! And that's only one of many terrific stories I've heard. Joe Gallenberger's Vegas Ventures are amazing, life changing, and totally fun. I feel like I am at the beginning of a magical journey into deeper surrender and gentle healing power.

[To receive his exciting newsletter, contact Joe Gallenberger at: [Gammajo@Bellsouth.net](mailto:Gammajo@Bellsouth.net) or (828) 698-0373. An advanced workshop is scheduled for June 30–July 2. The next introductory course will be held September 1–3.]

## BANISHING DOUBT

*Continued from page 2*

Getting moving early broke up the adhesions quickly. Range of motion in the injured leg was normal at five weeks. The surgeon had said there was a 15 percent chance the bone would not knit and another 15 percent chance that inadequate blood flow to the femoral head would cause it to die. Based on what he saw during surgery, he did not expect either problem. A week and a half after surgery they took out the staples. The three screws looked odd on the x rays, but the fracture line wasn't even visible. My surgeon and staff were impressed by how well I was moving around and asked how I was able to do that. I just smiled.

So I healed quickly and felt very blessed by the concern, kind wishes, and energy work of my family, my extended family of friends, and my coworkers. In the weeks following the accident, I clearly sensed the energy of people coming and going. Some were familiar; others were not. Some radiated power; others were gentle as summer rain. All came in love. I now understand the caution not to send people energy or help without their request and foreknowledge. Many of those who "stopped in" startled me by arriving at rather odd hours by Pacific Time. By the end of the fifth week, the crutches were almost history. On Tuesday of the sixth week I attended a public meeting that lasted until 11:00 P.M. My friends got tired just watching me do acrobatics on the crutches. I used one crutch or a cane for two days to

*Continued on page 8*

## COCREATING A SUSTAINABLE FUTURE

*Continued from page 1*

aligned with the higher vibrations of love and joy. Choosing this alignment attracts love and joy to us, mentally and physically. Emotions are our teachers. If we perceive our needs as being met, then we will broadcast positive emotions. If our needs are perceived as unmet, our emotional pains may manifest in our physical bodies. Therefore, it is crucial to listen to our emotions, own them, and know that we have chosen to entertain certain emotions as part of the growth process. The key is to experience and, subsequently, to learn to control and direct emotions and feelings.

Through exploring our inner world, we come to recognize that the magic resides within us and is always readily available. Several Institute programs expose participants to tools for creating their own futures. Our inner world is a reservoir of wisdom that can be utilized in every moment. This pervasive, connective element within each individual mirrors the creative web that bonds all life. Choosing to employ our personal energy in productive and constructive ways can lead to a better future for everyone.

At the 1999 Institute of Noetic Sciences Conference, I attended a session on The Pathfinding Project. The Pathfinding Project is "an opportunity to discover, envision and create new paths. It is a network of people connected by the common goal of creating a positive future and committed to transforming their own lives and the world around them." It is an opportunity for all to envision a future that resonates with the heart and spirit. The project seeks to understand the present state of the world, to visualize a positive image of the future, and to identify specific paths by which a more just, sustainable, and compassionate world can come into being.

People can make a difference. If we envision a future that is just, sustainable, and compassionate for all life on planet Earth, perhaps we will create it. Trusting our inner sources of knowing and utilizing the power within us opens the way to express the highest potential through our actions. Our inner qualities of being will illuminate our outer expression of manifestation.

Many signs of an emerging new worldview are present in our everyday lives, if we choose to be aware of them. If we hold the vision of a future that works for everyone—actually see it in our mind's eye—it will be our reality. Imagination must precede creation. Imagining and visualizing a future based on the fundamental values of compassion, justice, and sustainability endows all possible futures with those potential attributes.

Releasing the illusion of separateness and moving into an awareness of wholeness awakens us to the role of spirit in this physical dimension. Individually and collectively, we can then devote our creative energy to making a difference. I invite all of you to participate and to begin to walk the path toward a future that is just, sustainable, and compassionate for all.

## RETURNING TO SLOVAKIA

*Continued from page 1*

several tapes from the GOING HOME series, together with a video of Elisabeth Kübler-Ross, MD, discussing spiritual resources for the terminally ill.

Annwin is no longer a "back-room" organization. It has a well-equipped office in the center of Banska Bystrica, one of Slovakia's larger cities, and runs a variety of weekend and evening courses. These include Hemi-Sync anti-stress courses for business people, those who work with the handicapped, and women, as well as English-learning sessions with HUMAN PLUS. Prior to the GOING HOME course, Annwin organized an introductory weekend to insure that participants would have a good working knowledge of Hemi-

Sync through Focus 10 and 12.

The GOING HOME weekend took place in a small hotel in the foothills of the Low Tatra Mountains, close to the junction with the ancient road from Poland to Hungary. What was once a stable block had been converted into a comfortable training room. Here our participants gathered—fourteen in all—including a senior psychiatrist, a psychologist working with children with cancer, specialist nurses, a social worker, a lawyer, a business trainer, and the youngest-ever participant in any Hemi-Sync course: ten-week-old Patrick, with his mother, Vierka, a director of Annwin. Jacek Dabrowski, a doctor from Warsaw who attended the GATEWAY VOYAGE and GUIDELINES at TMI in 1998, traveled for ten hours by train to attend.

Miroslav Simkovic, who interpreted brilliantly throughout, had translated all the materials (including the videotext) into Slovak. Peter Simkovic spoke the Slovak texts and my wife, Jill, and I introduced each exercise and dealt with the debriefings.

We have been presenting workshops and courses for some twelve years, but this was our most memorable and moving experience. All the participants responded sensitively and thoughtfully to the GOING HOME tapes. None of them had any problem with the concept; they followed the signals to the "Edge of Here-Now" and found their way through Focus 22 to 27. Most of them made contact with relatives and friends no longer in physical existence and some, without any

*Continued on page 7*

## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Contact Trina Murphy at (804) 361-1252 or Toinfinity27@aol.com to register. Contact Shirley Bliley at (804) 361-9132 or DEC1PD@aol.com to register for the 2002 Professional Seminar.

### 2000

**BEYOND EXPLORATION 27**  
(For EXPLORATION 27 Graduates)  
June 28-July 2 (RMR)  
October 7-11 (RMR)

**BILINGUAL GATEWAY VOYAGE** (Spanish)  
September 23-29 (RMR)

**BILINGUAL GUIDELINES** (French)  
October 28-November 3 (RMR)

**EXPLORATION 27**  
(For LIFELINE Graduates)  
July 15-21 (RMR)  
September 16-22 (RMR)  
December 2-8 (RMR)

**GATEWAY VOYAGE**  
June 10-16  
June 17-23  
June 24-30  
July 15-21  
July 29-August 4  
August 5-11  
August 26-September 1  
September 9-15  
September 16-22  
September 23-29  
September 30-October 6  
October 7-13  
October 21-27  
October 28-November 3  
November 11-17  
December 2-8

**GUIDELINES**  
(A Graduate Program)  
June 3-9  
August 19-25  
October 14-20 (RMR)  
November 4-10 (RMR)  
December 9-15

**HEARTLINE**  
(A Graduate Program)  
August 5-11 (RMR)  
October 21-27 (RMR)

**LIFELINE**  
(A Graduate Program)  
June 10-16 (RMR)  
July 8-14 (RMR)  
September 9-15 (RMR)  
November 11-17 (RMR)

**MC<sup>2</sup>**  
(A Graduate Program)  
November 4-10

**OUTREACH Continuing Accreditation  
(ORCA)**  
August 26-30 (RMR)

**Professional Division Seminar**  
March 9-13, 2002

**TEEN GATEWAY**  
July 22-28

**Trainer Development and Assessment  
Program (TDAP)**  
July 7-14

## HEMI-LYNC Making Global Connections

### Appearances

F. Holmes  
"Skip" Atwater,  
Monroe Institute  
research director,  
attended "Toward a  
Science of  
Consciousness,  
TUCSON 2000,"  
which took place

April 10-15 in Tucson, Arizona.  
His poster presentation, "Cortico-  
Thalamic Adaptation of Binaural  
Beating," was based on a controlled  
study conducted in the Bob  
Monroe Research Lab. Skip gave a  
feature presentation on the results  
of that study at TMI's Seventeenth  
Professional Seminar, held March  
18-22.

Dominique De Backer, psy-  
chotherapist and TMI Professional  
Member, was interviewed by Guy  
Mongrain for "Salut, Bonjour,"  
televised in Montreal, Quebec, on  
February 15. Mme De Backer  
answered questions about her  
Synchrotherapy® method and  
Hemi-Sync.

On March 3-5, the Institute's  
president, Laurie Monroe, and  
director of programs, Darlene  
Miller, traveled to Arizona to lead  
a workshop titled "The Inner  
Journey: An Exploration into  
Higher Levels of Consciousness."  
The event was organized by  
Conscious Living magazine and held  
at the Center for Conscious Living  
in Sedona.

### Books

The following titles are available  
from Interstate Industries, Inc.  
Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY**  
**FAR JOURNEYS**  
**ULTIMATE JOURNEY**



**Healing Myself,**  
by Gari Carter  
**Cosmic Journeys,**  
by Rosalind A.  
McKnight  
**Mind Trek,** by  
Joseph  
McMoneagle  
**The Ultimate  
Time Machine,**

by Joseph McMoneagle  
**Using the Whole Brain,** edited  
by Ronald Russell

### New Books

Timothy Guy, author of *Aliens Over America*, addresses the UFO/alien controversy by reviewing twelve "fantastic" books on various facets of the topic and juxtaposing each review with an interview with an expert. "The Martian Chronicles, Revisited" examines the premises of Courtney Brown's *Cosmic Voyage* and includes a description of Hemi-Sync as well as comments by Skip Atwater on remote viewing UFO bases. The \$19.95 paperback may be ordered from AOA Press by calling (800) 700-4024.

*Remote Viewing Secrets: A Handbook* by Joseph W. McMoneagle is for everyone who wants to know how it's done. This "comprehensive guide to remote viewing and all of its technical aspects" can be ordered in May 2000 from Hampton Roads Publishing Company, (800) 766-8009. It is a \$14.95 paperback.

### Television

Late in 1999, director Ansley Bell visited the Institute laboratory to film material for Actuality Productions' "Afterlife Special."

*Continued on page 7*

## Lynching People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers. Call (804) 361-9132 or e-mail DEC1PD@aol.com with changes or to be removed from the list.

**AUSTRALIA**  
**ADELAIDE, S.A.**  
 Clive Elms  
 Dara Gorecki  
 (61) 8 8276-3367  
 Calire Ezrac  
 (61) 8 8346-7936

**SYDNEY**  
 Ashle Trucano  
 (41) 2 9953-1155

**BELGIUM**  
**THIMISTER**  
 Patrick Bartholome  
 (32) (87) 44-70-70

**CANADA**  
**HALIFAX, NS**  
 Tom Tasse  
 (902) 443-2692  
**TORONTO, ONT**  
 Blair Swanson  
 (416) 694-2908  
**VANCOUVER, BC**  
 Carol Biernat  
 (604) 261-2840

**CYPRUS**  
 John Knowles & Linda  
 Leblanc  
 (357) (6) 621272

**DENMARK**  
**COPENHAGEN**  
 Jan Caroc  
 (45) (33) 255313  
**STOVRING**  
 Kim Netholm-Larsen  
 (45) 98385751

**ENGLAND**  
**CAMBRIDGE**  
 Sue Pitman  
 Tel (223) 843164  
 Fax (223) 515091

**IRELAND**  
**OMEATH, CO.**  
**LOUTH**  
 Jim & Lana Phillips  
 (353) (42) 75522

**JAPAN**  
**TOKYO**  
 Kanji Nakai  
 Tel (03) 5471-2502  
 Fax (03) 5471-2972

**SCOTLAND**  
**NEW GALLOWAY**  
 Jill and Ronald Russell  
 Tel/Fax (44) (1644)  
 420357

**U.S.A.**  
**ARLINGTON, VA**  
 Mark Gemmell  
 (703) 522-8663

**BETHESDA, MD**  
 Helene N. Guttman  
 Tel/Fax (301) 656-8980

**BUTTE, MT**  
 Leo McCarthy  
 (406) 494-3567

**BOSTON, MA**  
 Steve Ullman  
 (978) 579-0945

**CHARLOTTE, NC**  
 Rebecca Nagy  
 (704) 588-4623

**COLUMBUS, OHIO**  
 Tom King  
 (614) 421-7117

**DAVIDSON, NC**  
 Norma Atherton  
 (704) 892-7000

**DOWLING, MN**  
 Robert Jonas  
 (616) 758-3797

**ENGLEWOOD, CO**  
 Daniel K. Meyer  
 Kimberly Miller  
 (303) 740-8053

**FINESVILLE, NJ**  
 Pete Ennes  
 (908) 995-9493

**HAMDEN, CT**  
 Lou Stout  
 (203) 288-1677

**HENDERSONVILLE, NC**  
 Joe Gallenberger  
 (704) 693-4721

**INDIANAPOLIS, IN**  
 Shawn Casey  
 (317) 852-7727

**LAMBERTVILLE, MI**  
 Eileen Tucker  
 (313) 856-5251

**MT. JULIET, TN**  
 Art and Jan Flint  
 (423) 988-0104

**NEW YORK, NY**  
 Al Swadichuto  
 (212) 228-3298

**PALMER, AK**  
**NEW GALLOWAY**  
 Ross Perrine  
 (907) 746-6443

**PASO ROBLES, CA**  
 Leland Beck  
 (805) 237-8949

**PHILLIPS, ME**  
 (after 5/15/99)

**PORTLAND, ME**  
 C.J. & Stella Stevens  
 (207) 639-2501

**PORTLAND, OR**  
 Joe Harrington  
 (207) 773-0291

**PORTLAND, OR**  
 Bill Oakes  
 (503) 628-3150

**RENTON, WA**  
 Peggy O'Hare  
 (425) 641-4535

**ROSWELL, GA**  
 Rob Sandstrom  
 (425) 255-1035

**SAN MATEO, CA**  
 Chase Carey  
 (770) 587-0350

**SILVER CITY, NM**  
 Chow Chow Imamoto  
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**TEMPLE, AZ**  
 (until 5/15/99)

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**WALLINGFORD, CT**  
 (918) 742-0743

**WALLINGFORD, CT**  
 Mike Cei

**WALLINGFORD, CT**  
 (203) 265-9851

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The OUT-REACH Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

## Hemi-Lync

Continued from page 6

The TMI segment, featuring Professional Member Richard Werling, aired on April 30, 2000, on the Arts & Entertainment network as part of the show "Beyond Death."



## RETURNING TO SLOVAKIA

Continued from page 5

suggestion that they should do so, helped discarnate individuals move to the Park in 27. Their reports were not affected or contaminated by Western modes or media, nor by orthodox religious teaching. To us, they seemed to reflect a pure spirituality, together with what we can only describe as a kind of innocence—as if for the very first time the doors of perception were opened and they glimpsed what lay beyond.

Their experiences were rich and varied. For instance, Anka met Einstein in Focus 23. The scientist told her that he now fully understood the Theory of Relativity. He admitted to frequent Focus 27 visits and accompanied Anka there. As they sat on a bench discussing relativity, Anka's grandfather, who had died of lung cancer, and her grandmother, who had died on her birthday, joined the pair. All seemed to be well with both of them.

The Kübler-Ross video was well received and provoked much discussion. Elisabeth's work is greatly admired in Central and Eastern Europe. Despite the language difficulty, communication flourished. Now that English is replacing Russian in schools, that barrier should steadily diminish. All the participants wanted to continue to work with Hemi-Sync, both for themselves and with their patients and clients. For the moment they are restricted to METAMUSIC, but who can say how things will develop?

Slovakia is rich in natural beauty, but it has serious economic problems. TMI, Interstate Industries, and professional and other members have helped the Annwin Center move forward in its valuable work by their gifts of tapes and CDs, which are far beyond the resources of most Slovak citizens. The British Embassy has provided office equipment and also sponsored our visit through the Know How Fund. Before the course, we held a press conference with the Annwin directors that was attended by several journalists and carried on television and radio. And the American Peace Corps representative, who is active in the hospice movement, has his office next to Annwin's.

What about young Patrick? How did he respond to Hemi-Sync? Well, to be truthful, he did not show much interest in the more advanced Focus levels. But he demonstrated anew that whatever else Bob Monroe's Hemi-Sync signals can accomplish, Focus 10 is very effective in sending the body to sleep!



**A TRAINER'S STORY***Continued from page 3*

We were tested on group management, consciousness exploration, working with individual participants, and also did several oral presentations. For example, each of us introduced an *EXCURSION* program tape to a group of his/her peers. A TDAP trainer and a fellow participant graded the presentation and offered constructive feedback. This same procedure was used in a simulation of a "group from hell" scenario and to assess one-on-one role-playing between an *EXCURSION* Trainer and a participant with a problem.

The last day of TDAP covered administrative issues—registration, workshop pricing, certificates and coupons, promotion, and product sales. Participants were given an opportunity to generate additional income by becoming Hemi-Sync dealers. Having taken TDAP, I now feel more competent to present lectures and workshops and more secure in my ability to answer questions about the Institute's history, technology, programs, and products. TDAP goes beyond the original OUT-REACH program to insure that each graduate's potential to be a successful trainer is realized.

**BANISHING DOUBT***Continued from page 4*

build up weak muscles. Six weeks to the day from the accident I used crutches for the last time. By the following Saturday I could walk up and down stairs unsupported and without doing the two-step.

When I saw the doctor at six weeks, my x rays amazed him. He said, "It's healed!" I said, "Yeah." He continued, "This looks REALLY good. You're healing like a teenager." I said, "How is that?" He replied, "Well, see here—the screws are backing out of the bone." I asked, "And what does that mean?" "Mostly it means we'll need to have you come back in the spring for another surgery to take the screws out, or they will drive you crazy. I am really happy with this." Very cool indeed. I'm not thrilled about another surgery, but that's the way it goes. Now I have a manly scar and a tall tale to tell. Next spring I get the souvenirs to prove it.

The tools I acquired at TMI played a large part in my healing. Trust comes easily now. Those last nagging doubts are gone.

**Postscript:** In a March 17th E-mail, Dirk wrote, "Well, I got my screws out today. It went incredibly well. I went in at 7:30 P.M. and was

conscious just after 9:00 P.M. Five minutes later, I was up and walking. There is no pain, and all appears to be perfect. I can walk up and down stairs freely, although I have to be careful of the staples. They sting a bit when I forget."

**QUARTERLY TAPE***Visiting the Year 2050*

Cocreating our own reality begins with perceiving internally that which is to be expressed externally.

Using this model, TMI has created a tape series inspired by The Pathfinding Project originated by the Institute of Noetic Sciences. *Visiting the Year 2050*—the first tape in the series—is designed to guide you in perceiving the world we will all share fifty years from now. By focusing our intention together through this, and the forthcoming exercises, we can envision and manifest a world reality that is just, sustainable, and compassionate for everyone. Thank you for your willingness to walk this path with us.

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**GATEWAY GRADUATE RETREATS SCHEDULE**

GATEWAY GRADUATE RETREATS are offered as intensive weekend residential programs to those who have attended programs at The Monroe Institute. They are a way of supporting those of you who would like to go deeper into—and reinforce your experiences of—Focus levels 15, 21, and 27.

June 9-11

November 17-18

Los Gatos, CA

Portland, OR

For further information, contact:

Bob McCulloch, P.O. Box 53, Faber, VA 22938,  
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